



EAST AFRICA PRE-DEPARTURE INFORMATION

PASSPORTS

Your passport must be valid for a minimum of six months beyond the date of your EXIT from Africa. This is extremely important – even if you are 1 or 2 days under this you will not be permitted to board your flight to Africa. Your passport must have enough clear pages for each country visited (allow one clear page per country you visit so there is sufficient space for the appropriate visas or entry stamps). Please note that it is not usually possible to use more than one passport for the duration of the tour. If you have dual nationality, please decide which passport you wish to travel on and advise us of those details on your booking form.

VISAS

Visa requirements vary with nationality – below info is current for NZ, AU, GB, CA, US passports. Please double check with your Travel Agent or the relevant Embassies for latest Visa information. A copy of your Yellow Fever Certificate will be required when applying online.

EAST AFRICA Visa

Allows entry to **Uganda, Rwanda & Kenya**.
www.visas.immigration.go.ug/#/
Be sure to choose **East Africa Visa** from the pick list. Cost is US\$100.

TANZANIA Visa

Evisa is required. Approx US\$50. Apply at
www.visa.immigration.go.tz

KENYA Visa

(only if doing Gameparks & Beaches or Tanzania Highlights)
ETA is required. US\$32.50. Apply at
www.etakenya.go.ke/en

ZANZIBAR Medical Insurance

You can only apply for this with Zanzibar Insurance Corporation. It is compulsory even if you have your own insurance. Cost is US\$44 and covers you for up to 92 days.
www.visitzanzibar.go.tz

HEALTH AND HYGIENE

Being ill when travelling is no one's idea of fun and the good health of the group depends on everyone being conscious of

their own hygiene and of taking sensible precautions. Regardless of any inoculations you may have it is not unusual for some people to have a bit of stomach upset in their first few days in Africa. This is often just a reaction to a new environment and different foods and one usually recovers after a day or so. If symptoms persist, or are of an extreme nature, you should inform Andy who will assist you to seek medical advice. As you are no doubt aware, there is a very high incidence of sexually transmitted diseases, especially Aids, in many areas of Africa. We also warn you against buying or using illicit or illegal drugs. They are just as illegal in Africa as they are at home and punishments are severe.

VACCINATIONS

In most cases vaccinations and malaria tablets may be obtained from your own GP - although please note that Yellow Fever is usually NOT available from a GP. We recommend you contact your nearest Travel Doctor. Apart from Yellow Fever, the below list is **completely up to the individual**, but we advise that you check with your Doctor at least 6 weeks prior departure. HOWEVER, IF YOU HAVE PRE-EXISTING MEDICAL CONDITIONS OR ARE AGED 70+ YOU NEED TO CONTACT YOUR GP FOR TRAVEL CLEARANCE BEFORE YOU PAY DEPOSIT. IT IS LIKELY THEY WILL RECOMMEND YOU DO NOT HAVE YF AND WILL NEED TO ISSUE AN EXEMPTION LETTER.

- Flu & Covid
- MMR
- Typhoid
- Tetanus
- Hepatitis
- Meningitis
- Polio
- Hepatitis A & B
- Cholera
- Yellow Fever
- Malaria

YELLOW FEVER - it is necessary to be vaccinated for Yellow Fever and be in possession of an International Certificate of Vaccination with a valid stamp for Yellow Fever. This is mandatory for a lot of African countries. Have your certificate ready for

inspection as you pass through Immigration in each country.

MALARIA - is the most common serious ailment affecting visitors to Africa. There are various anti-malarial tablets on the market, and we recommend you seek professional medical advice as to which is suitable for you. The tablets will offer some protection but are not always 100% effective. The only sure way to avoid contracting malaria is to avoid being bitten by mosquitoes! Take plenty of insect repellent with you and wear long sleeved shirts and long pants after sunset.

TRAVEL INSURANCE

Travel insurance is mandatory for all passengers. You should look for a comprehensive policy to cover you for health, accident, repatriation, cancellation, loss of belongings, your documents and money etc. Your policy should be issued to cover you for cancellation once you have paid for your trip, and the dates must cover you for your entire trip, ie. until you land back in your home country.

SECURITY

Security is of prime concern wherever you may travel and Africa is no exception. Please do not bring any unnecessary valuables (eg. expensive jewellery). If you are carrying cash, we recommend using a money belt which can be worn comfortably under your clothing. Please also take extra care if travelling alone before or after your tour. We suggest you photocopy your passport, and keep a copy separate from the originals - or leave a copy with a friend at home - as it may be very helpful in the event of its loss. Our overland truck has a lockable safe for passengers' cash, passport etc. You are most welcome to make use of this free facility but please be aware that whilst all care will be exercised, The Safari Co cannot accept responsibility for anything lost or stolen from the truck safe or left on the vehicle.

LOCAL LAWS AND CUSTOMS

As visitors we are required to obey all laws of the countries, we travel in. This particularly applies to the carrying of drugs, firearms, pornography or contraband. Any passenger found contravening such laws or putting guides or passengers at risk may be asked to leave the safari immediately with no refund of the tour fare. And remember that as guests it is good manners to comply with local customs – even if you don't agree with them.

LUGGAGE

A soft carry bag is recommended or a

backpack (no suitcases). Make sure you can easily carry your bag by yourself. A lot of paths to your room won't be suitable for wheels so you need to be able to lift your bag & carry. Also bring a small day bag for your camera, water bottle etc.

CURRENCY

US dollars is the most widely accepted currency throughout Central and East Africa and is the currency which we recommend you bring for your incidental spending money.

Do not bring US notes older than 2017. Please keep notes in good condition - damaged notes of any currency may not be accepted. Notes in large denominations is preferred (notes in \$50s & \$100s). Andy will advise you where and when to change money. **ATMs** are widely available throughout Africa. You can use your **Credit Card, Debit Card or a travel card like Wise** to obtain local currency from ATMs. Visa & Mastercard are the most widely accepted Credit Cards in Africa but do not rely on this as your only form of money. Bring half your spending money in cash and the rest on a card. TIP – you can get newer USD notes in Dubai airport with card or cash.

SPENDING MONEY

This will depend largely on your own spending habits but it pays to remember that Africa is not as cheap as many people think. As a guide we recommend you allow **US\$30-\$50 per person per day** for the time you are on safari for incidentals – visas, snacks, drinks, souvenirs, internet cafes, dining out, tipping of guides, tipping safari staff, optional sightseeing & activities etc.

TIPPING

Tipping is not compulsory, however as local workers are paid minimal wages we recommend you tip on every occasion.

Recommend:

US\$1 for portage

US\$1-2 per day housekeeping staff

US\$5 per half day for specialist guide

US\$10 for full day specialist guide

US\$50 for your cook/camp assistant (Nico)

10% is customary on meal accounts.

SAFARI STAFF & YOUR PARTICIPATION

Each tour will have one driver/guide (Andy) and one camp assistant (Nico). A roster will be made by Andy to assist with preparing and cooking of food, washing up and general cleaning. Please come prepared to 'do your bit' and share in these duties.

MEALS INCLUDED

While 'on the road' we include three meals a day unless otherwise stated in your

itinerary. At the beginning of the tour the truck will be stocked with non-perishables and then fresh produce will be purchased along the way. **Breakfast** - cereal, fresh fruit, toast, tea & coffee. Also, a cooked breakfast unless we have a very early start. **Lunch** - cold meat, salads, bread, cheese, fruit, juice. **Dinner** - most days a soup starter followed by a main course of beef, pork, chicken, lamb or fish. All served with fresh vegetables or salads and rice. If you are a vegetarian or have a restricted diet, please advise us prior to arrival in Africa. Your choices may be more limited to what you have at home but we will do our best to cater to your needs.

SNACKS

If you like to snack between meals we suggest you bring a few bits with you (eg. biscuits, lollies, energy bars). There will be visits to shops/supermarkets along the way where you can stock up.

LAUNDRY

Most campsites have hand washing facilities. For a small fee you can often have your laundry hand washed locally.

WATER

Always assume it is not safe to drink the local tap water supplies. Our overland vehicle has a 250 litre tank which we fill up from known supplies and is purified. Bring your own water bottle and you can fill it from the truck at any time. TIP – make sure your water bottle is full before you get off the plane – sometimes lines at airports and the drive to your accommodation can be thirsty work.

DRINKS

Tea and coffee are supplied at breakfast and fruit juice at lunch. General drinks are not included but there is the opportunity to buy wine, spirits, soft drinks along the way.

VEHICLE

Our safari truck is purpose built for overland tours and will carry all the equipment required to run an expedition through Africa. It is practical and built with safety and your comfort in mind. There is no on-board toilet, air conditioning or heating. Mechanically, the truck is operated under a strict maintenance programme. However, breakdowns can and sometimes do occur. At such times, please be patient while Andy considers the options of repair. Setbacks are what you make of them and can sometimes be quite memorable! Africa is a big continent, and most tours cover long distances. Driving is therefore an integral part of the trip – music, book, cards, games etc can help pass the time. Average

speeds are around 60-80km/hour although there are times when our speed will be considerably below that due to bumpy roads. Warm clothes are recommended for days when we are driving with the sides up. Dress in layers – the mornings can be cool but during the day you can take off a layer as it warms up.

ACCOMMODATION

The accommodation is a range of clean and comfortable permanent tented camps, cabins/bandas, cottages, lodges and hotels – all have ensuite bathrooms.

ELECTRICITY

If you have a digital camera, video, phone, laptop you can charge these on the truck (NZ & UK outlets available). In campsites you may also have opportunities for charging batteries. You will need a British 3-pin plug adaptor for this. If your camera takes batteries, bring plenty of spares.

COMMUNICATIONS

In an emergency your family may contact our NZ agent (Marie Coles) on 021 881 063 but bear in mind that whilst she will do her best to communicate any important messages it may take several days to get through to you. Please tell family and friends that communication from Africa is not always perfect and they shouldn't worry if they don't hear from you regularly. There are Wi-Fi facilities at various places along the way. You can also take your own mobile phone and buy a local sim card – a much cheaper option.

PHOTOGRAPHY

Africa is a photographer's paradise and Andy will cooperate, as far as possible, with requests for photo stops. A camera is an important part of your equipment whether it is a simple 'point and press' or something more complex. A camera case or bag is necessary to prevent damage by vibration, moisture and dust. A modest zoom lens (70mm-210mm) is a valuable accessory for game shots and candid shots of people. A wide-angle lens can be effective in photographing landscape and scenery. Ensure you have sufficient memory. You may have the opportunity to download pictures along the way but that will depend on local services and cannot be guaranteed. One or two extra memory cards are recommended.

Often the best pictures (and the least intrusive especially of local people) are simply just an image taken in your head!

WHEN NOT TO PHOTOGRAPH

In some places it is forbidden to take photographs. Please do not attempt to take photographs at borders, of government buildings, wherever there is a sign forbidding it or anywhere else that Andy advises against. Remember we are guests in the countries we visit and it is only polite to respect local customs and feelings. If it is apparent that someone does not want their photograph taken then please respect that wish. If you take a photo of a local person and they ask for a tip, please do give them a small one.

BORDER CROSSINGS

Do not take photos. Be courteous and friendly at all times. Lots of patience is required. Treat immigration officials with respect. Have a pen ready for filling in forms.

CRAFTS

Crafts can be bought almost all the way. Each country has its own way of making crafts and you will find that prices vary considerably. Generally speaking East Africa has good bead work and a lot of wood carved figures, especially ebony wood, and Masai crafts.

BARGAINING

Bargaining for purchases is a way of life in Africa. When bargaining, try to conduct it in a friendly and spirited manner. The seller's aim is to identify the highest price you are willing to pay; your aim is to find the price below which the seller will not sell. Some sellers will begin up to four times the price they are willing to accept. Try to decide what you are willing to pay for the object in question and stick to that limit. Remember that sometimes you will be haggling over a minimal amount which might be nothing to you but may be enough to feed the sellers family for a day!

CLIMATE & WEATHER CONDITIONS

With travel anywhere in the world these days, you need to be prepared for all weather! Dressing in layers is the key.

SAFARI TIPS

Wear subtle colours. Bright colours can be distracting – you want to try and blend in with your surroundings and let the animals stand out, not you! On game drives, when the vehicle has stopped to view animals/birds, keep conversation to a minimum. If you have to talk, do so quietly. Avoid sudden movements. Pay attention to your guide. His vast knowledge of the

country and animals will not only keep you safe, but also ensure an exciting and rewarding experience.

AUTHORITY ON TOUR

On occasions it may be necessary to make alterations to the planned itinerary, whether for reasons of health, security, safety, or other circumstance beyond our control. This can be frustrating but often adds to the excitement of a trip. In all cases Andy will make any final decision consulting with the group where possible. Your understanding and patience at these times will be much appreciated. In all safari matters Andy's decision will be final.

CHIMPANZEE TREKKING

The chimpanzee trekking terrain is reasonably easy and flat and can take 1-3 hours. The tracks are generally quite good and not too overrun by bush.

GORILLA TREKKING:

A good level of fitness is required. You need to be sure-footed and be able to walk on rough terrain. The trekking time entirely depends on where your family of gorillas is – if you're lucky it might only be 2 hours but could be up to 6. The treks start at around 1500 metres above sea-level and can go up over 2500 metres so the effects of the high altitude often slows trekkers up. The trek will go at the pace of the slowest walker, stop for regular breathers, and at no time will you be made to rush. Walking sticks are provided. Wear long pants, long sleeves, long socks & boots or shoes with a good grip on the soles. Take a waterproof jacket & hat. If you would like a porter to carry your day-pack, this is possible for a fee of approx US\$10.

NO PLASTIC BAGS

Rwanda & Kenya have abolished plastic bags. They will be confiscated at the border.

GIVING BACK

Books, pens & balls etc are fun but also consider giving cash to families so that they can buy food, clothing and pay school fees etc. Or support by spending on local crafts.

GENERAL

At all times we ask you to keep an open mind to "Africa time", your travel companions, the local people, and facilities. **And don't forget to bring your sense of humour!**

PACKING GUIDE - a guideline only! You don't have to pack exactly to this list.**LUGGAGE**

Soft bag (hard suitcase is not suitable, wheels won't be able to be used at alot of accomm, you must be able to carry your own bag)	
Daypack	

DOCUMENTS

Passport (valid for 6 months after returning home)	
Vaccination certificates	
Travel Insurance documents	
US\$ Cash (at least US\$300) <i>Money belt or bag suitable for carrying cash</i>	
Credit card or Cashcard	
Airline E-ticket	
Notebook & pen	

CLOTHING

Sun hat	
Beanie	
Headscarf / bandana / buff	
T-shirts x 4	
Long sleeved cotton shirt + a thermal	
Long trousers x 2	
Shorts and/or skirt x 2	
Underwear (bra/sports bra)	
Socks (including long ones for gorilla trek)	
Fleecy or jersey/jumper x 2	
Gloves (handy for the gorilla trek & riding on top of truck)	
Weatherproof Rain Jacket	
Swimwear (optional)	
Sunglasses	

SHOES

Sandals or jandals	
Trainers or walking shoes/boots	

HYGIENE & PERSONAL BITS

Toothbrush & toothpaste	
Soap & Shampoo	
Moisturiser / Sunscreen	
Lip balm	
Deodorant	
Hand sanitiser (a supply is also on the truck)	
Wet wipes / tissues	
Razor (if necessary)	
Brush, comb, hair products (if necessary)	
Washing powder or soap + bag to put dirty clothes in (not plastic).	
Clothesline and pegs (optional)	
Contact lenses & solution (if necessary) dust is often a problem so bring glasses as backup	
Reading glasses (if necessary)	
Sanitary things (if necessary)	
Small first aid kit (<i>Imodium or similar, Anti-histamine cream/tablets, Antiseptic spray, cottonwool, sterile dressings, crepe bandage, band aids, scissors, tweezers, tape, antibiotic powder, painkillers, cold & flu tablets</i>)	
Rehydration sachets	
Personal medication (& a record of what you are taking on paper)	
Insect repellent & Malaria tablets (if applicable)	
Torch & batteries (head torch is best)	

GADGETS

Camera & charger (optional)	
Mobile phone & charger (optional)	
Binoculars - recommended 8 x 40 or 10 x 42 (optional)	
Watch	
Adaptor (Type G for Kenya, Tanzania, Uganda and Type C or J for Rwanda)	